SALUS SAUNAS

Yakutat Sauna Installation & Owner's Manual

IMPORTANT SAFETY INSTRUCTIONS

DANGER: Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

WARNING: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

CAUTION: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

NOTICE: Indicates information considered important, but not hazard-related.

READ ALL INSTRUCTIONS BEFORE INSTALLATION AND USE TO AVOID INURY OR DAMAGE TO SAUNA

FOLLOW SAFETY INFORMATION IN THIS DOCUMENT TO AVOID SERIOUS INJURY OR DEATH

REFER TO YOUR LOCAL BUILDING CODES FOR ANY SPECIFIC INSTALLATION REQUIREMENTS

ALL ELECTRICAL WORK NEEDS TO BE COMPLETED BY A LICENSED ELECTRICIAN. FAILURE TO DO SO COULD CAUSE INJURY OR DAMAGE TO THE HEATER.

KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE

⚠ WARNING

- **This sauna is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the sauna by a person responsible for their safety.**
- **Consult your doctor about any health-related limitations related to sauna use. Ignoring advice from your medical provider could cause serious injury or death.**
- **Do not let people with pre-existing health conditions bathe in the sauna on their own. Using the sauna could cause these users to lose consciousness.**
- **Parents should consult your pediatrician before allowing children to use the sauna. Ignoring advice from your medical provider could cause serious injury or death.**
- **Do not smoke, use alcohol, or exercise in the sauna. These tasks could cause users to lose consciousness.**
- **Do not exceed 30 min. in the sauna at one time, as excessive exposure may be harmful to health. The sauna should not be used as an endurance test.**
- **Do not place any combustible material over the sauna heater (towels, bathing suits, wooden bucket or ladle)! This will cause the sauna to catch fire.**
- **Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98,6 ºF. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.**
- **Only use stones approved for sauna heater use. Inadequate stones may crack or explode leading to serious injury.**
- **Do not sleep in a sauna that the heater is operating. Sleeping in a heated sauna may lead to injury or death.**

⚠ CAUTION

- **Keep all occupants away from the heater and when it is hot. The stones and outer surface of the heater may burn your skin.**
- **Do not throw excessive amounts of water on the stones. The evaporating water is boiling hot and could cause burns.**
- **Do not throw water directly onto the elements. This could cause burns and damage to the heater.**

• Be very careful when moving in the sauna, as the benches and floors may be slippery. This could cause the user to slip and fall.
• Do not alter the sauna in any way, unless explicitly instructed in this manual. Altering the sauna could lead to structural damage, increasing the risk to bodily harm.
• When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.

SALUS SAUNAS

Yakutat SAUNA INSTALLATION & OWNER'S MANUAL

Thank you for your purchase of your Yakutat Sauna. Should you have any questions during assembly, please feel free to give us a call at **(425) 333-9003**, or email **customerservice@salussaunas.com**. Regular business hours are 9-5 EST, M-F.

Please note: the photos in this manual depict a indoor sauna, but assembly instructions apply to both the sauna including Yakutat indoor saunas, with any differences between the two units noted.

Your Yakutat Indoor Sauna is specifically designed to utilize your existing floor. As such, assembly is made very simple since the entire sauna sits on pre-fabricated rails and risers rather than on a floor platform. Your sauna can be assembled on any surface that is firm and flat, including concrete, ceramic, vinyl, laminate or tile. Installation on a carpeted surface is not recommended. If you prefer a wood floor inside your sauna, please visit our website at almostheaven.com to investigate our red cedar floor kits!

Your kit should include the following:

- ☐ 4 Floor risers
- ☐ 4 Wall support rails
- ☐ 4 Roof support rails
- ☐ 2 Roof sections
- ☐ 2 Roof trim pieces
- ☐ Wall section A
- ☐ Wall section B
- ☐ Wall section C
- ☐ Wall section D
- ☐ Wall section E
- ☐ Window section F
- ☐ Door section G
- ☐ Wall section H
  (Window section H in Yakutat)
- ☐ Upper bench
- ☐ Lower bench
- ☐ Backrest w/LED light
- ☐ LED power supply
- ☐ Door handle assembly
- ☐ Heater
- ☐ Stones
- ☐ Wall sensor cover
- ☐ Hardware bag containing screws and trim nails
- ☐ Heater fence kit (optional)

These tools are required to assemble your sauna:

- ☐ Cordless drill
- ☐ Tape measure
- ☐ Rubber mallet
- ☐ Hammer
- ☐ 1/2" or 5/8" Forstner bit
- ☐ Utility knife
- ☐ Screwdriver (phillips and flathead)
- ☐ Level
- ☐ Step stool or ladder
- ☐ Framing square

Sauna Assembly

⚠ CAUTION

• Ensure sauna foundation is sturdy and level. If the foundation is not, the sauna could tilt, shift or fall leading to injury.

Step 1. Connect the Four Floor Risers

Fasten the four floor risers together with 2" screws, using the predrilled holes as a guide. For the , the two shorter risers are located on the sides. For the Yakutat - all the risers are uniform. (Images 1-4) Use a framing square to ensure the assembly is square.

Image 1

Image 2

Image 3

Image 4

Step 2. Position Wall Support Rails

Align each wall support so that the angled cuts make a corner. Each wall support has one angled predrilled hole. Fasten the front, back and sides together using 2" screws (Image 5 -7) and lay the assembly squarely on top of the floor risers with the groove facing up (Image 8). The rails should overlap both sides of the riser by approximately 1" (Image 9). Secure the assembly to the floor risers using three screws evenly spaced on each wall support rail (Image 10).

Image 5

Image 6

Image 7

Image 8

Image 9

Image 10

Step 3. Position Wall Sections A & B

Position wall section A in the groove of the left rail and push it flush against the back rail (Image 11). Having a helper hold wall section A, orient wall section B so that the vent holes are on top and place it in the groove of the back rail. Push the flat edge flush against wall section A. Align the two panels so their edges are flush (Image 12) and fasten them together using the 2" screws (Image 13).

Image 11

Image 12

Image 13

Step 4. Position wall sections C & D

Position wall section C into the groove of the back rail. Attach it to wall section B by way of the tongue and groove fit (Image 14). Secure it into place by tapping section C with a rubber mallet (Image 15). Position wall section D onto the side rail (Image 16), pushing it flush against the back rail so that it overlaps the flat end of wall section C. Fasten wall section D to C using 2" screws and predrilled holes (Images 17 & 18)

Image 14

Image 15

Image 16

Image 17

Image 18

Step 5. Bench & LED Backrest Installation

Note: You may choose to install benches and backrest after the sauna is completed, though you may find it easier to install with the extra space and light afforded at this step.

Place the wider upper bench on the pre-installed upper bench supports and push it against the back wall, being sure the side of the bench with the screws showing is oriented towards the back (Images 19 & 20). Secure the bench to the back and side panels using the 2" bench screws and the predrilled holes in the bench frame supports (Image 21). Repeat this process for the lower bench, aligning the face of the bench frame flush with the front edge of the pre-installed lower bench supports (Images 22 & 23). Fasten the lower bench to the side panels using the 2" fasteners.

Center the LED backrest between the two side panels being sure it's oriented so the shorter slat is down and position it vertically at the height most comfortable to you. Using a level to ensure proper installation, fasten the backrest into place using the 2" fasteners (Images 24 & 25).

To connect the LED light to the power source, bore a 5/8" hole through the back panel at the bottom right corner of the backrest and push the LED pigtail through (Images 26 & 27). Mount the power supply to the back of your sauna at the base of panel C, directly underneath the hole you just bored (28). Connect the power supply and LED by twisting the connection until tight (29). Ensure the light bar is connected to the power supply, then plug in to an outlet. You are able to turn on the LED light and adjust its brightness from within the sauna using the control mounted to the side of the backrest.

Image 19

Image 20

Image 21

Image 22

Image 23

Image 24

Image 25

Image 26

Image 27

Image 28

Image 29

Step 6. Position Wall Section E & H

Position wall section E into the groove of the side rail, orienting it so the four heater vent holes are located at the bottom (Image 30). Wall section E attaches to wall section D by means of a tongue and groove fit so there is no need for screws. Slide securely into place, tapping it in with a rubber mallet (Image 31). Position wall/window section H into the groove on the opposite side rail (Image 32). Wall/window section H attaches to wall section A by means of a tongue and groove fit so there is no need for screws. Slide it securely into place, tapping it in with a rubber mallet (Image 33).

Image 30

Image 31

Image 32

Image 33

Step 7. Position Wall Sections F & G

Gently position wall section F into the front rail. Push wall section F flush against wall section E (Image 34). Being sure there is no overlap between sections E and F, fasten them together with 2" screws and predrilled holes located on the outside of wall section E (Image 35).

Gently position wall section G (door) onto the wall support, orienting it so the tongue and groove matches wall section F. Slide the tongue of section G into the groove of section F until the panel drops into the groove of the wall support (Image 36). Being sure there is no overlap between sections G and H, fasten them together with 2" screws through the predrilled holes on the exterior of wall section H (Image 37).

Image 34

Image 35

Image 36

Image 37

Step 8. Position Roof Support Rails

Align each roof support rail so that the angled cuts make a corner. Each roof support has one angled predrilled hole; use this to fasten the front, back and sides together just as you did in step 2 for the wall support rails (Images 38 & 39). Use a framing square to ensure the assembly is square. Lay the assembly on top of the sauna walls with the groove facing down. Align the assembly on top of the sauna so that the tops of the wall sections fit snugly in the groove. When in place, fasten the roof support to the walls using three 2" screws for each rail (Image 40).

Image 38

Image 39

Image 40

Step 9. Position Roof Panels

Place the roof panels on top of the ceiling supports being sure the predrilled holes are facing up (Image 41). Insert the tongue of one panel into the groove of the other (Image 42). Measure around the roof support rails to be sure the panels are spaced evenly around the top of the sauna; approximately 1" of the support rails should extend past each side of the roof panels (Image 43). Secure them to the roof support rails using the 2" screws through the predrilled holes (Image 44).

Using the 1" trim nails, secure the decorative trim pieces to the front and back of the ceiling panels (Image 45).

Image 41

Image 42

Image 43

Image 44

Image 45

Step 10: Accessories

1. Install the vent-hole cover using the provided screw and washer (Images 46 & 47).
2. Install doorknob (Image 48 & 49)

Image 46

Image 47

Image 48

Image 49

After the sauna has been installed, sweep down the inside to remove any sawdust and wood shavings, and then vacuum completely. Using a damp cloth and warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.

Step 11: Heater Installation

⚠ DANGER

• Turn off power to heater at breaker before beginning installation or performing maintenance on the heater. Failure to turn off the power will lead to electrocution and even death.

⚠ CAUTION

• Improper installation of heater mounting bracket could cause the heater to fall leading to burns and other injuries.

• Before placing or adjusting stones, ensure heater is back to room temperature. Failure to do so may cause burns.

Please consult your heater manual for all heater installation information.

Optional Heater Fence Assembly (KIP & Wall Heaters)

The heater fence kit will come banded in stretch wrap, remove the wrap and place the three pieces on your working surface (50-51). Match the front piece, and one side as shown below (52).

Image 50

Image 51

Image 52

Turn over matched pieces so the long section is face down. Ensure the boards are flush in the top corner for optimal fitment (53). Attach the two pieces together using the two predrilled holes and remaining screws from your sauna hardware kit (54). It is recommended to keep pressure on the two square boards during fastening for easier assembly. Then repeat process for other side. See below for finished heater fence (55). To install heater fence into sauna, use the four predrilled holes and screws from sauna hardware kit (56-57). Place fence around heater and fasten into side panel (58).

Image 53

Image 54

Image 55

Image 56

Image 57

Image 58

TRADITIONAL SAUNA USE

Congratulations! You are ready to enjoy your sauna! You may use your sauna in a wet or dry fashion. A dry sauna means you do not sprinkle any water onto the stones, while wet means you increase the humidity of the room by sprinkling water on the stones. Please note that not much water is needed to achieve a wet sauna experience.

The sauna as we know it originates in Finland. The typical sauna experience follows the steps below, but you may enjoy your sauna in any way you like!

- Set your heater so your sauna achieves the desired temperature. This is typically 150 -170+ degrees F. Please note, novice sauna users should begin at the lower end of that range and increase their high temperature over time.
- Take a quick shower or a quick dip in a hot tub or pool.
- Step into the sauna and enjoy for 5-15 minutes, bringing a towel to sit or lay on. Leave the sauna once you are perspiring freely.
- Take a plunge in a pool, shower, snowbank, lake - anything that will cool you down! After that, relax and cool down for 10-20 minutes.
- Step into the sauna again. During this visit, you may wish to sprinkle small amounts of water onto the stones to create bursts of steam. If water spills through the heater to the floor, you are using too much water, though this will not hurt the heater or the sauna.
- Continue repeating this process. After your final visit to your sauna, relax for at least 20 minutes. Shower with warm water initially, finishing with cool water to close your skin pores.
- Prepare to feel refreshed for the day or to have an amazing night's sleep!

Whatever your sauna routine, it is imperative that you **STAY HYDRATED!**

SALUS SAUNAS

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IR Panel Retrofit
Installation & Owner's Manual

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KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE

REFERENCE SAUNA AND/OR HEATER MANUALS FOR FURTHER SAFETY INFORMATION

⚠ CAUTION

- **Do not touch the IR heater panels. The heating surface of the heater may burn your skin.**
- **When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.**
- **IR sauna components are for INDOOR USE ONLY; the electrical components are not design for outdoor conditions. Using the IR sauna components outdoors could lead to shock and/or damage to the components.**

Thank you for your purchase of your IR Panel Retrofit kit! This manual provides any information needed to retrofit the IR components into your existing traditional sauna. Should you have any questions during assembly, please feel free to call us at **(425) 333-9003**, or email **customerservice@salussaunas.com.**

Your IR kit should include the following:

- ☐ IR Panels (4 for Togiak, Yakutat)
- ☐ IR Panel Power Cords (3 for Togiak, Yakutat)
- ☐ Control Panel
- ☐ Control Panel Housing & Control Panel Cover w/screws
- ☐ Control Panel Cover w/screws
- ☐ Control Panel Extension Wire
- ☐ Control Panel Wire Cover
- ☐ Power Supply
- ☐ Thermostat Wire
- ☐ Hardware Bag

These tools are required to assemble your IR Panel Kit:

- ☐ Cordless drill
- ☐ Tape measure
- ☐ 1-1/4”Hole Saw
- ☐ 7/32”Drill Bit
- ☐ Step stool or ladder

EXISTING SAUNA MODIFICATIONS

Carefully remove the long backrest from your saunas back wall, and set aside. You will need to remove the light bar and reinstall in a later step.

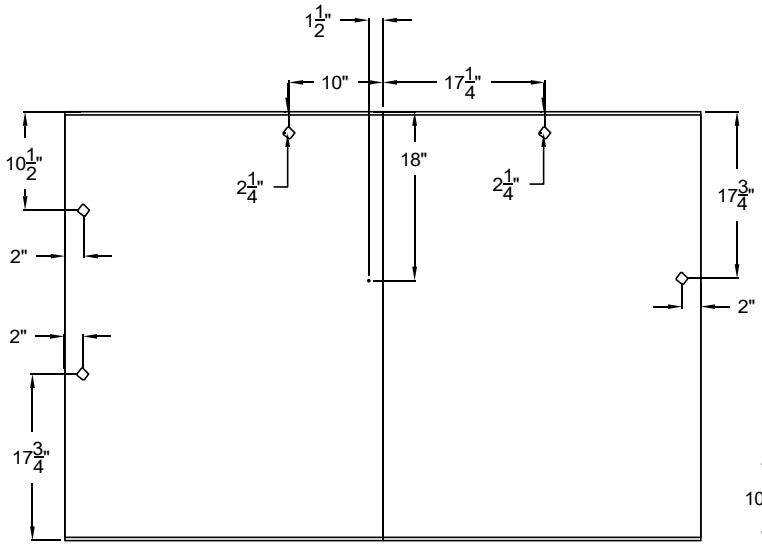
If you purchased your sauna in 2023 or earlier, you will need to remove the upper bench. Once the upper bench is removed, you will need to remove the (2) 2X4 bench cleats and lower them 1”and reinstall. Once the bench cleats are lowered, you can reinstall the upper bench. If you purchased in 2024 or later, the bench should not need to be adjusted.

Depending on your model of heater, you might need to remove the temperature sensor and reinstall once the panel installation is complete.

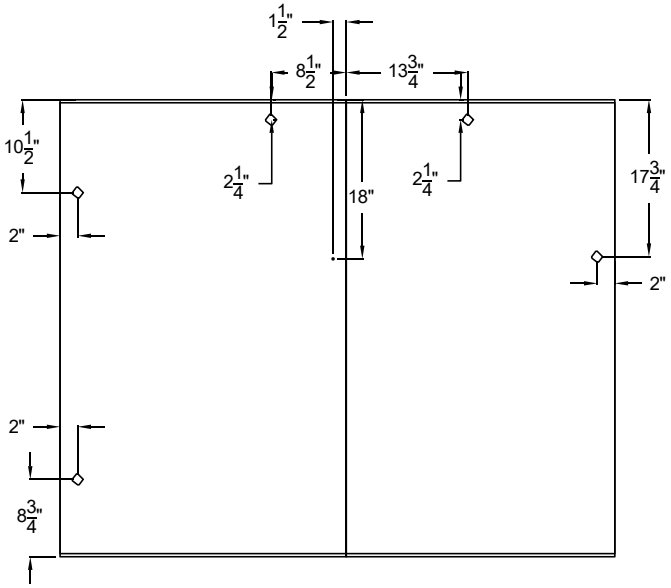
Carefully remove the trim covering the front edge of the ceiling panels. Set this aside to reinstall once the panel install is complete.

Remove the screws holding the ceiling panels in place, keep them as you will need them to reinstall the ceiling panels. Carefully remove the ceiling panels and place in a location you can drill the holes for the IR panel cords. Ensure your panels are laid out exactly as they were installed on your sauna or your holes will be in the wrong locations.

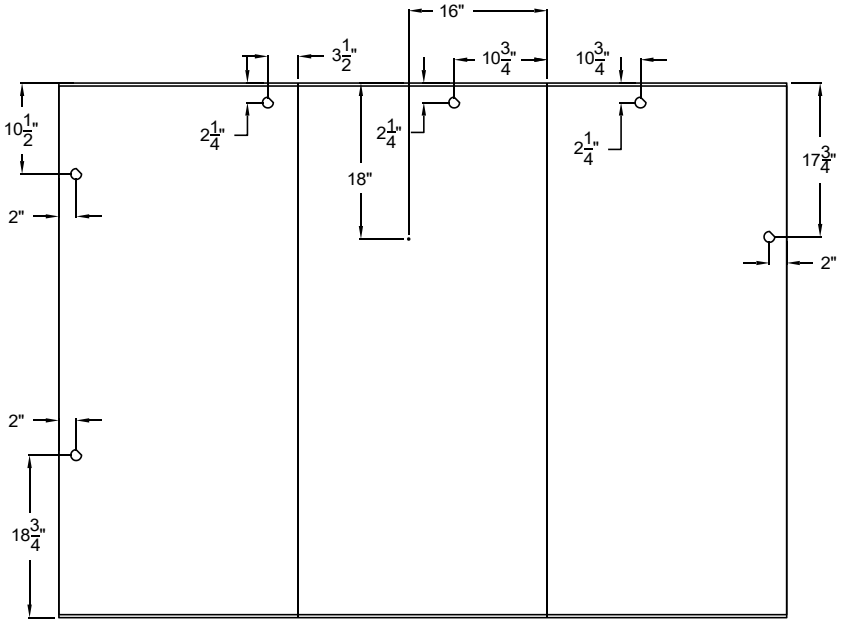
Drill holes into the ceiling panels per the following drawings. The drawings are shown looking down onto the top exterior of the ceiling. The holes along the outer edges are 1-1/4”for the IR panel cords. The hole towards the middle is 7/32”for the temperature sensor.



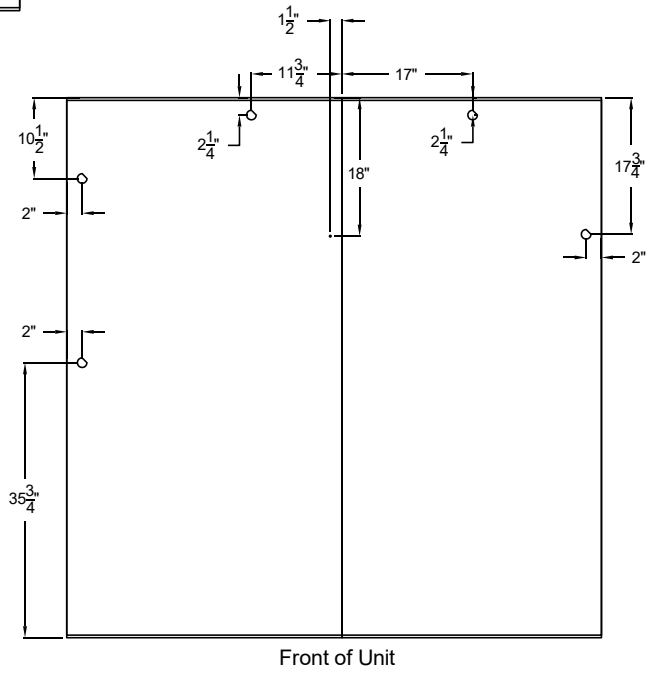
Togiak Ceiling



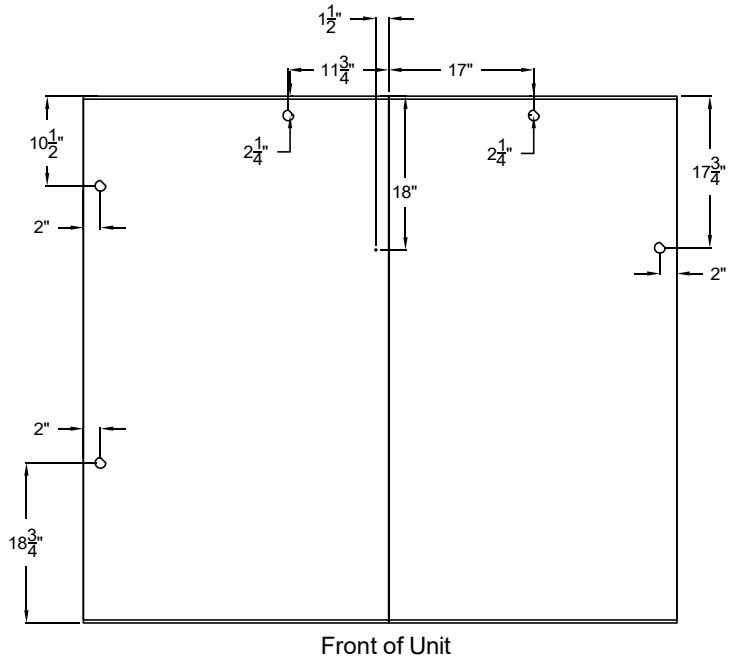
Madison Ceiling



Bridgeport/Braxton Ceiling



Yakutat Ceiling



Rainelle Ceiling

Before beginning installation, we recommend using a lightly damp cloth to wipe off any dust that may have accumulated on the front of the panels during shipping.

INSTALLATION

NOTICE

• A dedicated 120VAC, 15Amp circuit is required to operate the IR sauna components.

After modifying your ceiling panels, place them back on the sauna roof but do not fasten them down. Orient the panel with two holes along the clean edge, so it's on the left side of the sauna (1). Set the IR panels in the approximate location on the top benches with the cord pointing upwards (2). All units will have an IR panel at each end of the top bench. Auburn, Grayson, Madison and Rainelle have two on the back wall; Bridgeport has three. Lift the ceiling panel and feed the cord through the predrilled hole in the ceiling and set the ceiling down (3). Repeat for each panel.

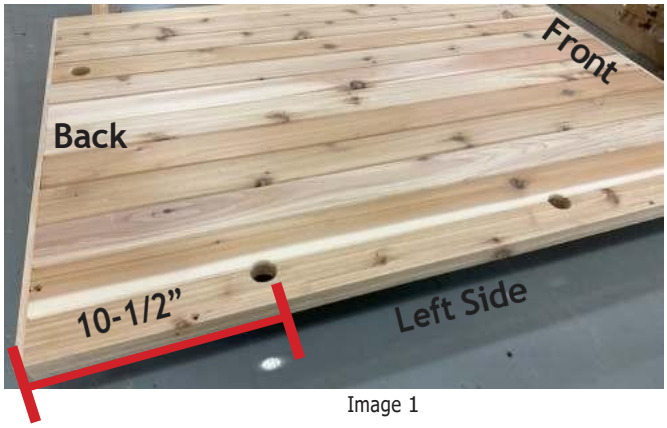


Image 1

Image 2

Image 3

Locate the control panel and the control panel housing. Feed the cord from the control panel through the hole in the top of the box (4). In the remaining hole on the left hand side of the ceiling, feed through the control panel cord (5). Once all of these cords are through, you can fasten the ceiling per the traditional sauna manual.

Image 4

Image 5

Once all the cords are in place, you can refasten the ceiling panels into place and reinstall the trim on the front edge.

Locate the control panel wire cover and place it flush against the ceiling to cover the wire exit. Center the control panel housing on the wire cover, place it flush, and fasten it into place using screws from the hardware bag (6). Now take the control panel cover and install using 5/8"screws supplied in your IR kit (7). The cover has a recess in the back that the control panel face will sit in. Fasten the IR panels to the walls using screws from the hardware bag. Lift the panels up til they touch the ceiling and cover the wire exit. Fasten using predrilled holes in front face of the IR panel (8). The back wall panels will be 10.5" away from the corner, and the side wall panels will be 4" away from the corner (9). If you have a Bridgeport, the center panel is centered between the two outer panels.

Image 6

Image 7

Image 8

Image 9

⚠ DANGER

• Do not plug power supply into 120VAC outlet until after all IR panel, control panel, and thermostat connections have been made. Failure to do so could lead to electrocution.

Now on the ceiling of the sauna, it is time to make all the connections. Place the power supply on the top of the sauna; we recommend to place it along the back edge, centered on the sauna. Connect the control panel wire to the extension (10, bottom) then to the power supply lead wire labeled"controller panel line." The IR panels also have extensions (10, top) that may be needed. See the table below for guidance on what extensions to use. Then plug the IR panels into the Ports labeled A-D, and E if you have a Bridgeport. They can be in any order, as long as they connect to those specific ports (11). It is important that all plugs are tight and fully connected.

Image 10

Image 11

Model	Left Panel Extension	Right Panel Extension	Back Left Panel Extension	Back Right Panel Extension	Back Middle Panel Extension
Togiak	3 Foot	3 Foot	None	3 Foot	-
Bridgeport	6 Foot	6 Foot	3 Foot	3 Foot	None
Yakutat	3 Foot	3 Foot	None	3 Foot	-
Madison	3 Foot	3 Foot	None	3 Foot	-
Rainelle	3 Foot	3 Foot	None	3 Foot	-

Lastly, plug the temperature sensor (12) into the power supply cord labeled "temperature sensor". Feed the silver end into the predrilled hole in the middle of the ceiling, and extend the probe out so it's approximately 1/4" to 1/2" away from the ceiling (13).

Image 12

Image 13

LIGHT BAR

Carefully remove the light bar from the back rest and install the light bar underneath the upper bench. Reuse the brackets and fasten them to the underside of the bench (14). Then the light bar will snap into the mounting brackets (15). If the cord does not reach the existing hole, you may need to drill a new hole in the sauna wall to have access to the power supply.

Image 14

Image 15

OPERATION

When the power supply is plugged in, the power light will be illuminated. To operate the IR panels, press the power button. The HEAT light will illuminate and the temperature and timer numbers will light up. Change the temperature set point by pressing the up and down arrows. The light will flash while changing it, and then stop flashing when the temperature is set. Similarly for the timer, use the arrows to adjust the minutes the sauna will run. Time can be selected from 5-60 minutes.

To change from C to F, press and hold both temperature arrows, then press the light bulb (16). The temperature screen will show an "F" to alert you it is changed.

Image 16

When the timer runs out, you will hear an audible tone to alert you. To restart the sauna, add time back to the timer by adjusting the time up and down.

When your sauna session is over, simply press the power button to turn off the control panel.

ADDITIONAL NOTES

If you have a traditional sauna heater that has a wired temperature sensor outside the heater, depending on the sauna model you may need place the sensor in an alternate location. If you have a Bridgeport, Yakutat or Rainelle, you can locate it based on the heater manual. If you have an Togiak or Madison, we recommend you place the sensor on the back wall between the corner and the back right side IR panel. Locate it approximately 7"away from the corner towards the panel and 14"down from the ceiling (17).

Image 17

⚠ WARNING

• Do not throw water directly onto the IR panels. This could cause electrocution and damage to the panels.
• If any of the power cords become damaged, they must be replaced immediately. Failure to do so could lead to electrocution.

Contact Salus Saunas Sales for replacement parts.

NOTICE

• This is not a commerical sauna; therefore for every 3 hours running, it must be turned off for 1 hour to cool.
• The IR panels and the traditional sauna heater CANNOT be operated at the same time.
• The IR panels will only operate at 150 F and below.

RECOMMENDATIONS

- When using the IR panels, we recommend that you preheat the sauna 1 hour before use. It will take approximately 45-60 minutes to reach 130-140F using IR. We do not recommend preheating with the traditional sauna heater; if the sauna exceeds 150 F, the panels will not operate.
- Unplug the sauna when not in use. If access to the plug is hindered, use a heavy duty surge protector.

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